

GREETERS SCHEDULE

March 4	7:45	Bonnie Baerwald
	10:30	Jerry & Diane Fricken
March 11	7:45	Guy & Sue Repp
	10:30	Tom & Joan Mrazek
March 18	7:45	Loren & Joan Voss
	10:30	Lorin & Rose Orvis
March 25	7:45	Gordon & Justine Port
	10:30	DuWayne & Marilyn Zamzow

ALTAR GUILD SCHEDULE

MARCH 1 - 15

MARCH 16 - 31

Ann Trewin
Kathy Trewin
Michelle Trewin

Kathy Kraus
Sherry Georg

For details on flower donations, look for our flower chart on the bulletin board at the end of the member mailboxes.

Membership Matters

The matters of membership listed below were acted upon or recognized by the Coordinating Council at its February meeting.

Adult Confirmations

Jason Oelke Michelle Oelke

Transfer Out

Stephanie Kramer to Redeemer, FDL

Cleaning Schedule

Week of:	
March 4	Roger Bargaenquast Mark Kollmann
March 11	Don & Sue Knuth
March 18	Gregg & Carol Leisten
March 25	Loren & Joan Voss



Please call Gregg at 923 - 1583 to become a member of the "cleaning team".

HOLY WEEK WORSHIP SCHEDULE

March 25 ~ Palm Sunday
Thursday 6:30, 7:45 & 10:30

March 29 ~ Maundy Thursday
3:30 & 6:30
with Holy Communion

March 30 ~ Good Friday
Communion Service 1:00
Tenebrae Service 6:30

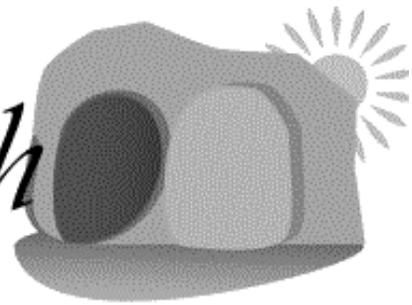
April 1 ~ Easter Sunday
Sunrise Service 6:00
Festival Service 8:30 & 10:30



ST. PETER'S

Evangelical Lutheran Congregation

March
2018



1600 S. Main St. Fond du Lac

info@stpetersfdl.net

920.922.1160

www.stpetersfdl.net

“Good Friday”... *Good?*

“He himself bore our sins” in his body on the cross, so that we might die to sins and live for righteousness; “by his wounds you have been healed.” 1 Peter 2:24

Good Friday is often a day marked by Christian fasting, repentance, and sorrow. It is a day we remember the horrific events of Jesus’ suffering and death on the cross. In many of our churches, the sanctuaries are darkened, altars are stripped bare and draped with black cloths, and worship is somber. It is a day of suffering, a day of darkness, a day of death. So why do we call this day *Good*?

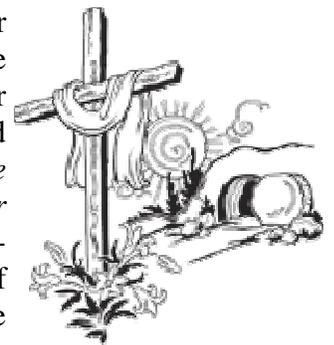
We might rather want to call this day, a day of injustice as the perfect Son of God was condemned for wrongs he never committed. We might want to call it a day of ultimate heartache, as a mother watched the life of her beloved son taken away from her. We might want to call it a day of anguish, as Jesus endured the worst of Roman floggings and torture. We might want to call it a day of misery, a day of sorrow, a day of hopelessness, a day of torment, a day of despair. There might be a lot of ways to describe the events that took place on Good Friday, but *Good*?

As we continue through the season of Lent we come to see our own personal unrighteousness before God. In the depths of our sinfulness, realizing we are anything but *good* before our holy God. Taking a look within ourselves, we see our bitterness and envy, hatred and slander, selfishness and pride, and so much more ungodliness. We are only sinners deserving of God’s wrath and eternal punishment.

But it was on the cross where wrath and mercy met. God’s wrath over sin was met with Christ’s willingness to be our substitute. *“He himself bore our sins” in his body on the cross.* On the cross we see the love of our Savior, who shed his blood to pay for our sins, who suffered the death we deserve. Jesus suffered for our sins, so that *“by his wounds you have been healed.”* It was Christ who through his suffering and death, paid our debt of sin, redeemed our souls from hell, made us righteous and at peace with God the Father. It was Jesus, only Jesus who won our salvation.

Why do we call Good Friday...*Good*? Because it was the best day there was. It was the day my Savior, the eternal Son of God, died and gave his life for me.

This Easter we give our praise and sing out for the joy we have in Christ. For the reason Christ suffered and died is so that *“we might die to sins and live for righteousness.”* The resurrection of Jesus is our proof that Jesus is true God, we are forgiven, and we too have victory over death. This Easter, we invite all our family and friends to come and share with us, the joy and certainty of Easter.



Christ has risen! He has risen indeed!

NURSING POINTS OF INTEREST

Myths and Facts About Obstructive Sleep Apnea

Sleep Apnea Is Just Snoring. False

Myth. Snoring can be a symptom of the sleep disorder, but there's a big difference between the two. People with the condition actually stop breathing up to 400 times throughout the night. These pauses last 10 to 30 seconds, and they're usually followed by a snort when breathing starts again. This breaks your sleep cycle and can leave you tired during the day.

It Blocks Your Breathing. True

Fact. The most common type of the disorder is obstructive sleep apnea, or OSA. It happens when your tongue, tonsils, or other tissues in the back of the throat block your airway. When you try to breathe, the air can't get through. Central sleep apnea is less common, it means the brain doesn't always signal the body to breathe when it should.

Losing Weight Can Help. True

Fact. You can make sleep apnea symptoms better when you shed even a small percentage of your body weight. If you're carrying around extra pounds, talk to your doctor about starting a weight loss program. It also helps to quit smoking, so ask about treatments that can help.

Sleep Apnea Is No Big Deal. False

Myth. All those breaks in sleep take a toll on your body and mind. When the condition goes untreated, it's been linked to job-related injuries, car accidents, heart attacks, and strokes.

Lying On Your Side Can Help. True

Fact. If you sleep on your back, gravity can pull the tissues in the throat down, where they're more likely to block your airway.

CPAP Is An Effective Treatment. True

Fact. It stands for continuous positive airway pressure. A CPAP machine blows a steady stream of air into your airway. You can adjust the flow until it's strong enough to keep your airway open while you sleep. It's the most common treatment for adults with moderate to severe OSA.

Only Older People Get It. False

Myth. Doctors estimate that more than 18 million Americans have sleep apnea. It's more common after age 40, but it can affect people of all ages. The disorder also tends to run in families.

Sleep Apnea Is Rare In Kids. False

Myth. OSA is common in children, affecting as many as 1 in 10. In most cases the symptoms are mild, and the child eventually outgrows it. Some may start to have behavior troubles or medical problems because of it.

Surgery Is The Surest Way To Fix Apnea. False

Myth. For some people, an operation may be able to cure OSA. A good example is a child with large tonsils that block her airway. Doctors can remove the tonsils to solve the problem. Some adults can improve their symptoms with surgery to shrink or stiffen floppy tissues. But that's not a good choice for everyone. Talk to your doctor about the pros and cons of an operation before you go that route.

A Mouthpiece Might Work. True

Fact. A dentist or orthodontist can fit you with a mouthpiece or oral appliance to ease mild sleep apnea. The device is custom-made for you, and it adjusts the position of your lower jaw and tongue. You put it in at bedtime to help keep your airway open while you sleep.